



Companies House
— for the record —

AR01 (ef)

Annual Return



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Received for filing in Electronic Format on the: **30/01/2010**

Company Name: **THE FITNESS COMPANY (BICESTER) LIMITED**

Company Number: **04048823**

Date of this return: **15/12/2009**

SIC codes: **9262**

Company Type: **Private company limited by shares**

Situation of Registered Office: **UNIT 7 MCKAY TRADING ESTATE
STATION APPROACH
BICESTER
OXFORDSHIRE
OX26 6BZ**

Officers of the company

Company Secretary **1**

Type: **Person**

Full forename(s): **MR BRIAN KEITH**

Surname: **DENT**

Former names:

Service Address: **29 KINGHAM ROAD
AUDLEY ROAD
CHIPPENHAM
WILTSHIRE
SN14 0PB**

Company Director **1**

Type: **Person**

Full forename(s): **MR RICHARD**

Surname: **BIRCHALL**

Former names:

Service Address: **127 COOPERS GREEN
BICESTER
OXFORDSHIRE
OX26 4US**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **07/06/1965**

Nationality: **BRITISH**

Occupation: **SELF EMPLOYED**

Company Director **2**

Type: **Person**

Full forename(s): **IAN JAMES**

Surname: **DENT**

Former names:

Service Address: **TYR BRAN ABERBRAN
BRECON
POWYS
UNITED KINGDOM
LD3 9NG**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **27/06/1965** *Nationality:* **BRITISH**

Occupation: **SELF EMPLOYED**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	3
		<i>Aggregate nominal value</i>	3
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>	ALL COMPANY DIRECTORS CAN VOTE ALONG WITH COMPANY SECRETARY		

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	3
		<i>Total aggregate nominal value</i>	3

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/12/2009 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding : 1

2 ORDINARY Shares held as at 15/12/2009

Name: **IAN DENT**

Address:

Shareholding : 2

0 ORDINARY Shares held as at 15/12/2009

Name: **CLARE DENT**

Address:

Shareholding : 3

1 ORDINARY Shares held as at 15/12/2009

Name: **RICHARD BIRCHALL**

Address:

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.